

PUBLIC AUTHORITY



OPENING THE DOOR

A Newsletter for IHSS Recipients and Providers

WELCOME !

FROM THE PUBLIC AUTHORITY EXECUTIVE DIRECTOR

Welcome to the first of our San Bernardino County IHSS Public Authority Quarterly Newsletters! The goal of our new newsletter is to keep both IHSS Providers and IHSS Recipients informed about what services and supports are available from the Public Authority as well as other community agencies, what types of training opportunities are available for those who desire additional skill building, and to keep everyone up to date on how our Provider Registry is operating. In addition, we want to share important information about what is happening at the state and local level regarding IHSS budgets, wages, benefits and other information.



We hope you find the information helpful, and that you feel free to call us with any questions you have about IHSS – which we will be delighted either to answer or find the right place for you to ask if we can't help you here. The Public Authority is here to assist you, the IHSS recipient, in finding a provider that meets your needs and to make sure that those providers have an opportunity to gain additional skills after you hire them. I personally invite you to call or come into any of our offices with any questions or comments you have about how to meet our goals.

What is the Public Authority?

The Public Authority, often referred to as the PA, was established about a year ago. It is a new agency enacted by California Assembly Bill 1682 for the purpose of improving the skill level and availability of IHSS providers while expanding the quality of care to IHSS recipients.

Counties were given several choices as to how to set up the new agency. In San Bernardino County, the Board of Supervisors sits as the Governing Board over the PA.

The PA works closely with San Bernardino County In-Home Supportive Services (IHSS) and Department of Aging and Adult Services (DAAS).

The PA is dedicated to assuring that IHSS clients receive the best possible care .

PA services include:

- Recruiting & screening Providers
- Maintaining a Provider Registry.

- Referral of Registry Providers to IHSS consumers
- Criminal background checks & references on Providers
- Employer of Record for providers in collective bargaining negotiations
- Training for recipients and providers

INSIDE THIS ISSUE

Welcome!	1
What is the Public ? Authority	1
Budget	2
IHSS Advisory	2
Make a difference! Be a Provider	3
The Provider Registry	3
Making Sense of Medi-care and Health Care Insurance	4
Adult Protective Services	4
What is the Registry?	5
How to Become a	5
FREE TRAINING	5
More Training-- STAY TUNED	5
Support Groups	6
Safety First	6

**WRITE TO YOUR
LEGISLATURE
LET THEM KNOW!**

**United States
Senators**

Sen. Barbara Boxer
District Office

Inland Empire
201 North E Street, Suite 210
San Bernardino, CA 92401
(909) 888-8525
(909) 888-8613 fax

Sen. Dianne Feinstein
District Office

750 "B" Street, Suite 1030
San Diego, CA 92101
(619) 231-9712

**House of
Representatives**

**Howard P. "Buck"
McKeo**

Washington D.C. Office
2351 Rayburn House Office Bld.
Washington, DC 20515-0525
Phone: (202) 225-1956

David Dreier
Washington D.C. Office
237 Cannon House Office Bld.
Washington, DC 20515-0526
Phone: (202) 225-2305
Fax: (202) 225-7018

Jerry Lewis
Washington D.C. Office
U.S. House of Representatives
Washington, DC 20515
Phone: (202) 225-5861

Gary Miller
Washington D.C. Office

PROPOSED BUDGET CUTS

State and Federal

**BUDGET
California**

**Governor
Arnold
Schwarzenegger
has proposed
the following
cuts to IHSS in
his budget pro-
posal for 2004-
2005:**

- Eliminating the In-Home Supportive Services (IHSS) Residual Program.
- Eliminating the IHSS Employer-of-Record requirement and the requirement for a Consumer Advisory Committee.
- Eliminating the funding for domestic and related services if recipients live with family members and the service need is shared in common.
- Requiring co-payments from Medical beneficiaries for various "optional" services that are now provided free, such as vision, and dental.
- Limiting the State's share of cost in IHSS worker wages and benefits to \$6.75 per hour (minimum wage).

For more information,
visit the California Leg-
islature website at:
[http://
www.leginfo.ca.gov](http://www.leginfo.ca.gov)

**In-Home Supportive Services
Advisory Committee**

The In-Home Supportive Services Advisory Committee (IHSSAC) was mandated by the same state legislation that required the implementation of a Public Authority (AB 1682).

The San Bernardino County Department of Adult Services and the Public Authority work with the committee in areas of shared interest.

The committee meets every first Wednesday of the month and the meetings are open to the public.

The Board of Supervisors appointed eleven members establishing a diverse committee representing each of the five supervisors' districts.

The committee provides advice and suggestions to both IHSS and the PA.



**To learn more
about the IHSSAC
and how you can get
involved call the PA
at (909) 386-5014**

MAKE A DIFFERENCE! IN-HOME SUPPORTIVE SERVICES (IHSS) ADVISORY COMMITTEE

The County of San Bernardino Public Authority and Department of Aging and Adult Services is looking for individuals, especially those 65 and older, who are interested in serving as alternates on the In-Home Supportive Services (IHSS) Advisory Committee.

The Advisory Committee is responsible for providing advice and recommendations regard-

ing the operation of the County's IHSS program and IHSS Public Authority. Selected applicants will be appointed to a term expiring in November of 2004, when they will become eligible for appointment as voting members.

To obtain more information about the IHSS Advisory Committee, or receive an application, please contact IHSS Public Authority office at (909) 386-5014.

BECOME THE
SOLUTION AND
PARTICIPATE!



IMPORTANT NUMBERS

Senior Information & Assistance
1-800-510-2020

In-Home Supportive Service Offices

Barstow
760-256-5544

Joshua Tree
760-366-3701

Needles
760-326-9274

Ontario
909-458-1315
San Bernardino
909-388-4500

Victorville
760-843-5100

THE PROVIDER REGISTRY

The Public Authority's Provider Registry has just completed its first six months of operation. At this time, over 400 Providers are available to provide care giving services to IHSS Clients. Registry providers have been interviewed and completed a criminal background check. Over 200 matches between Providers and IHSS Clients have been completed.

Over 2000 inquiries have been received about the Provider position, 1375 applications have been sent out, and 975 completed applications have been received and processed, or are pending an interview or Criminal Background Investigation (CBI) to become available Providers. Provider interviews are conducted every Tuesday and Thursday in groups of seven or eight people.

Potential providers are scheduled for a CBI at the meeting. The Public Authority Staff is committed to assisting in placing you with clients that meet your job requirements and to enhance your ability to be the best caregiver you can.

We Welcome Your
Suggestions and
Encourage you to

Join the PA Registry
Call: 1-866-985-6322

SEIU 434B
San Bernardino
909-855-1587
Los Angeles
1-877-734-8864



CONSUMER CORNER

Making Sense of Medicare and Health Insurance

Does the idea of making sense out of health insurance sound too good to be true? Well, it is not. The Health Insurance and Advocacy Program (HICAP) is a volunteer-supported program that helps with health insurance and long-term care insurance. The program provides impartial information to help you make the best choice for your individual health care needs. HICAP does not sell, endorse, or recommend any specific insurance.

The services provided by this program are free and include community education services and individual counseling. Who, and how does HICAP Serve?

- Current recipients of Medicare
- Persons about to receive Medicare benefits
- Full legal assistance and representation at Medicare appeals and administration hearings
- Private Medicare supplement health insurance

- Children and other representative of Medicare beneficiaries
- Persons planning for retirement
- Older persons contemplating the purchase of health insurance
- Understanding your rights as a health care consumer

If you need assistance with these services, call for an appointment at 909 697-6565

Check them out on-line at

www.cahealthadvocates.org



ADULT PROTECTIVE SERVICES

All elder and dependent adults have the right to live their lives in a healthy and safe environment and to conduct their lives without emotional, physical, or sexual abuse, neglect, self-neglect, isolation, abandonment, financial abuse, or the fear of abuse.

The APS Program is designed to link with the existing adult programs within DAAS and with services provided by other public, private, and community-based organizations.

APS Goals

The goal of the APS Program is to prevent and remedy the abuse and exploitation of dependent and older vulnerable adults, age 18 and older.

The APS program provides protection and remedial activities on behalf of elders and dependent adults unable to protect their own interests, harmed or threatened with harm, or caused physical or mental injury due to action or inaction by themselves or other persons.

Finding Help?

If you or anyone you know is a victim of abuse, or is vulnerable to abuse, please contact Adult Protective Services.

Elder and Dependent Adult Abuse Hurts.

**Don't Ignore It... Call
1-877-565-2020**

All calls are confidential. Calls that report an allegation of danger or presence of abuse will be promptly investigated.

PROVIDER CORNER

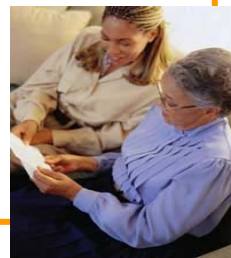
WHAT IS THE REGISTRY?

The Registry is a customized database that matches the needs of IHSS clients with pre-qualified Registry Home Care Providers. Participation in the San Bernardino IHSS Public Authority Registry is voluntary and is not a requirement to receive In-Home Supportive Services benefits. The Registry is a no-cost referral service limited to IHSS clients. If you are enrolled in the In-Home Supportive Services program and want help in finding a provider, call Registry Staff at 1-866-985-6322

HOW DO I BECOME A REGISTRY PROVIDER?

There are four requirements to being placed on an eligible list to be referred to clients.

1. Complete Application
2. Employment & Reference check
3. Attend a information meeting
4. Criminal Background Investigation



Join the Registry Today

By joining the Registry you can:

- Increase your work hours
- Maintain a flexible schedule
- Gain access to FREE training

Call 1-866-985-6322

FREE TRAINING

Kaiser Permanente: Family Caregiver Work Shop	May 6,13,20	1.30 a.m.- 3:45 p.m.	To sign up-call (909) 353-4653
St. Bernardines Hospital:Low Cost Healthy Eating	Monthly	TBD	To sign up-call (909) 475-2552
Cooperative Extension: Food Pyramid & Food Buying	Monthly	TBD	To sign up-call (909) 387-2171

STAY TUNED!

San Bernardino County's Aging and Adult Services will shortly announce dates of training and conferences being held for caregivers, funded with Older Americans Act Family Caregiver Support Program funding in conjunction with other agencies. If you are a family member (18 or older) providing care for an older person (60 or older) who is functionally impaired or requires substantial supervision due to a cognitive or other mental impairment OR you are a grandparent or step-grandparent or another relative by blood or marriage (60 or older) who lives with the child (18 or younger) and you are the primary caregiver because the parents are unable or unwilling, whether you have legal custody or guardianship or you are informally raising the child, one of these upcoming trainings may interest you. Stay tuned, details will be forthcoming.



**PUBLIC AUTHORITY
SAN BERNARDINO COUNTY IHSS**

600 N. Arrowhead Ave Suite 100

Toll Free: 1-800-385-6322

Phone: 909-386-5014

Fax: 909-386-3071

TTY#: 909-386-5080



We're on the web at:
http://hssnet/PA_Authority/



Safety First

Falls are one of the leading problems facing the older person. Many times injury from falls leads to permanent disability, limiting a person's active, independent life. It is estimated that one-third of all persons 60 years old and older suffer falls each year. Indirectly, the fear may also be damaging. It's estimated that 20% of the elderly who fear falling limit their activities of daily living. Making simple changes to lifestyle and environment can provide peace of mind and prevent the likelihood of falling.

LIFESTYLE CHANGES:

- Have your vision and hearing checked regularly
- Talk to your doctor or pharmacist about the side effects of your medication.
- Limit your intake of alcohol.
- Use caution when getting up from eating or sleeping.
- Use a cane or walker to help maintain your balance.
- Wear supportive, rubber-soled shoes.
- Maintain a regular exercise program to improve strength and tone.

HOME MODIFICATIONS:

- Clear pathways of clutter and electrical cords.
- Firmly attach carpets and rugs.
- Rearrange furniture so they are not obstacles.
- Use raised seat and safety rails for toilet.
- Install sturdy handrails on both sides of stairway.
- Paint the top and bottom stair to show contrast with the other stairs.
- Keep outdoor steps and walkways in good repair.



SUPPORT GROUPS

All group meetings are free and open to the public. Meeting are held through out the county, call for further information.

Mastering the Art of Care giving	Inland Caregivers Resource Center	1st Friday of the month	10:00-2:00	760-955-9355
Bereavement Support	Hospice of the Desert Communities	Wednesdays	2:00-3:00	760-323-6642
Self Empowerment	Victorville Rolling Start	Fridays	10:00-12:00	760-843-7959
Cross Disability Peer Support	Victorville Rolling Start	Mondays	1:30-3:30	760-843-7959
Look good feel good-Cancer Support	Colton	1st Monday of the month	10:00-12:00	909-580-6203
Diabetes Support	Colton	Last Monday of the month	6:30-8:00	909-580-2701
Gamblers Support	Colton	Every Friday	7:30-9:30	909-534-7806
Parents Support	San Bernardino	3rd Wednesday of April	6:00-7:30	RSVP: 909-864-7424
Parents Support	Upland	3rd Tuesday of the month	7:00-9:00	909-920-6199